

At my urgent request, our board of directors began to refuse all cases of consumption and intestinal tuberculosis, and within three years not a hospital in the city, excepting the almshouse, would admit such cases. In the past four years, the insane hospitals provide special and up-to-date care for their consumptive patients. We have also a few private sanatoria for consumptives; but to the great masses of white and negro poor, only the almshouses are opened. These give little more than shelter and simple food, little if any instruction and scientific care. Public safety calls for more sanatoria, but especially for hospitals for the incurable consumptive poor!

The state, public health boards, religious organizations, wealthy men and women, must accept the expense and responsibility of providing these hospitals, if the scattering broadcast of tubercular infection is to be restricted and stamped out. How long must this call be so feebly answered? As Miss Fulmer has said: "Why this dearth of soldiers in this modern warfare against this overwhelming, insidious enemy?" The reward is great—what is better than saving to our homes and state human lives whose waste is now so far beyond accurate reckoning?

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## HOUSEKEEPING FOR TWO

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SOME day when there is time enough try a lamb stew. You must not attempt to do it in a hurry, because the tougher portions of meat are used for stews, and nothing but long cooking at low temperature will make them tender and palatable. It is always a satisfaction to convert one who "hates stews," and it can usually be done by setting before him a stew in which a little brains and some care have been used.

Have the butcher give you a pound of shoulder of lamb, cut in pieces for stewing. He can usually be trusted to give you nearly two pounds if you ask for one. Wipe the pieces of meat with a damp cloth, put them in a kettle and pour over them enough boiling water just to cover them. Cover the kettle, and bring the water quickly to the boiling point. Then turn the fire low and let the water barely simmer until the meat is tender. If a bubble comes to the surface now and then, it is cooking fast enough. It should cook about three hours, but it needs no attention except to see that it does not get to boiling. Add salt and a little cayenne or paprika when it is about half done. An onion may

be cooked with it for flavor, if you like. When the meat is tender, take it up on a hot dish. Thicken the liquor with butter and flour which have been cooked together three minutes, using three tablespoons each of butter and flour for a pint of liquor. Let the gravy come to a boil after adding the butter and flour, then pour it over the meat.

A hot stew made from slowly cooked meat, with plenty of rich, smooth, well-seasoned gravy, is an appetizing dish. But when the meat has been hurriedly boiled and it is served with pale, lukewarm gravy, carelessly seasoned and plentifully dotted with lumps of uncooked flour, a meat stew deserves the bad name it has with many people.

Rice and Nuts. This is another meat substitute, and one of the best, so far as flavor is concerned. The rice should be boiled or steamed and allowed to cool or be rinsed with cold water. Pecans are the best nuts to use. One cup cooked rice, two-thirds cup pecan meats chopped fine, few drops onion juice, salt, pepper, two-thirds cup milk, two teaspoons butter, two teaspoons flour, two tablespoons grated cheese. Mix the rice, chopped nuts, onion juice, salt and pepper, and put them in a baking-dish. Make a white sauce of the milk, butter and flour, stir into it the grated cheese, and pour it over the rice and nuts. Set the dish in a moderate oven and bake until delicately browned on top.

A Group of Winter Vegetables. Turnips, cabbage, onions. All strong-flavored and strong-smelling. That means, first, that they must be cooked in plenty of water and drained; second, that they must be cooked with the windows open; and, third, that they must be cooked in an uncovered kettle. The strong, disagreeable odor of these vegetables is due to certain gases, which, if allowed to pass off in small amounts as they form, are much less noticeable than if confined under the kettle cover until large quantities collect, to be finally forced out and carried all over the house. Moreover, one of these gases, hydrogen sulphide, will be reabsorbed to a great extent by the vegetables, if they are cooked in a covered kettle, and it discolors them and makes them indigestible. These strong-flavored vegetables, then, will be a better color, more digestible, and less disagreeable during the process of cooking, if they are cooked uncovered.

Creamed Turnips. Wash and pare the turnips, taking off a thick paring. Cut them in half-inch slices and let them stand in cold water a half-hour, if convenient. Cut them into half-inch cubes, cover well with boiling water and boil until tender, from twenty minutes to half an hour. Add salt five minutes before taking up. When tender, drain, and put them into a half-cup of white sauce.

Onions. Peel, rinse and put into plenty of boiling water. If

cooked uncovered they will need but one water. Cook until tender, salting ten minutes before they are done. They will need at least an hour's cooking, more if they are large, as they must be thoroughly tender all the way through. Drain, season with salt, pepper and butter, or cover with white sauce, or pour over them a little cream if you have it, and reheat carefully.

**How to Use up a Head of Cabbage.** To begin with, the head must be as small as you can get, for cabbage, if it is good and solid, goes an astonishingly long way. Cut it in three sections, wrap up two of them in paper and put them in a cool place. They will keep three or four days. Soak each section as you use it in cold salted water, to draw out any insects there may be among the leaves. Cut up one section and put it into plenty of boiling water. Cook until the leaves look transparent and are tender when tried with the fork. It will take from half to three-quarters of an hour. Over-cooking does not improve it. Salt five minutes before it is done. Drain, sprinkle with salt and pepper, dot over plentifully with butter, let it get thoroughly hot again and serve.

Cook the second section in the same way, but after draining it mix it with white sauce, put it in a baking dish, sprinkle stale bread crumbs, buttered, over the top, and set in the oven until nicely browned.

The third section will make a good salad. Shred it finely, put into cold water to make it crisp, drain on a towel, and mix with a cooked dressing. Spanish red peppers shredded or chopped make a pretty addition to cabbage salad. Celery also is good with cabbage.

**Scalloped Apples.** These make an inexpensive and easily prepared dessert. Two tart, juicy apples, one-half cup stale bread crumbs, one-half tablespoon butter, one-quarter cup sugar, a little nutmeg or cinnamon. Melt the butter and stir in the bread crumbs. Cover the bottom of a buttered baking dish with crumbs, put in a layer of apples cut in pieces, sprinkle with sugar and spice; add another layer of buttered crumbs, then apples, sugar and spice, with a layer of crumbs on top. A teaspoon of lemon juice with a few gratings of lemon rind may be added to the apples. Unless the apples are very juicy and tart, less sugar may be used. Bake one-half hour in moderate oven. The apples should be thoroughly cooked and the crumbs on top nicely browned. Serve with sugar and cream.

We must not forget during these winter months to make free use of all our winter fruits, dried and fresh—dates, figs, raisins, apples, bananas, oranges, grapefruit. The fruit habit is a good one to form, and nothing alarming will happen to us if circumstances compel us to live for a day, now and then, on bread and butter and fruit.